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PEEL

DAILY NEWS

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A Pride flag, seen here flying above Mississauga City Hall, is one of several that are being raised in honor of Peel Pride Week (Photo by City of Mississauga)

Peel celebrates Pride Week with local activities

by **Alex Gregory**

Members of the LGBT community will be showing their spirit during Pride Week, with events and activities being held in Brampton, Caledon and Mississauga through Saturday.

The week kicked off with a series

of flag-raising around the region. Members of Mississauga City Council hoisted a rainbow flag above the Civic Centre on Tuesday, while members of the Peel Pride Committee and regional councillors raised a flag at Brampton City Hall. Caledon will be holding a

flag-raising this afternoon at the Town Hall with Mayor Allan Thompson and representatives of Peel Pride.

The week's activities are a lead-up to the 14th annual Peel Pride Family

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Health department warns Mississauga residents of West Nile presence

Region of Peel health officials announced on Friday that mosquitoes in the Dixie and Lakeshore Road area in Mississauga have tested positive for the West Nile virus.

In a news release, the region said that heavy rainfall is to blame for the confirmed presence, as it generated breeding grounds for mosquitoes capable of carrying the virus.

“With this recent confirmation of West Nile activity, we are increasing our

efforts in south Mississauga and the surrounding area by looking for breeding sites and re-treating catch basins with larvicide,” said Paul Callanan, the region’s director of health protection.

The mosquitoes were collected from one of several traps Peel Public Health maintains and monitors as part of an annual surveillance program. No cases of West Nile in humans have been confirmed in Peel or Ontario to date.

Officials are asking homeowners to get rid of pools of

standing water on their property, and to mitigate the risk of mosquitoes by wearing repellent, avoiding areas with significant mosquito activity and covering exposed skin.

The region is asking anyone who sees a pool of standing water on a piece of property in Peel that has not been dealt with to call Peel Region Public Health at 905-799-7700 from 8:30 a.m. to 4:30 p.m., Monday to Friday. Caledon residents can call toll free at 905-584-2216.

Police looking for witnesses to fatal collision in Mississauga

by **Alex Gregory**

Peel Regional Police’s Major Collision Bureau is seeking public help to find witnesses after a fatal collision occurred on Hurontario Street and Ambassador Drive in Mississauga.

On Wednesday, June 28, at approximately 6:55 a.m., a black Kia was travelling southbound on Hurontario Street before turning left onto Ambassador Drive. At the same time, a grey Ford pickup truck was travelling northbound on Hurontario Street and collided with the Kia.

Dale Leneve, a 58 year-old male from Milton who was sitting in the front passenger seat of the Kia, was pronounced dead at the scene.

The driver of the Kia suffered serious but non-life threatening injuries, and was transported to a Toronto trauma centre.

The driver of the Ford pickup truck received minor injuries and he was transported to a local hospital.

Investigators are appealing for witnesses who may have seen the collision, have dash-

board video footage of the incident, or who may have information regarding the actions of the drivers prior to the collision.

Anyone with information regarding this incident is asked to contact investigators with the Major Collision Bureau at 905-453-2121, ext. 3710.

Information may also be left anonymously by calling Peel Crime Stoppers at 1-800-222-TIPS (8477), or by visiting www.peelcrimestoppers.ca.

Police looking for information about missing girl in Mississauga



Photo Courtesy of Peel Regional Police

by **Marco Patrone**

Peel Regional Police are looking for a missing 18 year-old woman from Mississauga.

Sahra Omar was last seen Monday around 12:30 a.m. at her home in the area of Derry Road and McLaughlin Road.

Her family is worried about her whereabouts, as she needs medication, which she not have with her.

Loved ones say it is out of character for her to be gone

from home for this length of time.

She is described as black, 5’3” tall, with a medium build with shoulder-length, curly, black hair which she

normally wears in a hijab.

She was last seen wearing a full-length orange dress with blue accents, and a black underdress.

She was not wearing shoes. Anyone with information on the whereabouts of Sahra Omar is asked to call investigators at the 12 Division Criminal Investigation Bureau at (905) 453-2121, ext. 1233.

Information may also be left anonymously by calling Peel Crime Stoppers at 1-800-222-TIPS (8477), or by visiting www.peelcrimestoppers.ca, or by sending a text message to CRIMES (274637) with the word “PEEL” and then your tip.

Woman in serious condition after QEW barrier crash

A woman is in hospital with serious injuries after crashing into the barrier on the Queen Elizabeth Way in Mississauga, in the second such crash of 2017.

According to Toronto Police, the incident occurred around 3:30 a.m. on Wednesday morning. A 28 year-old woman was driving south on Dixie Road

when she lost control of her vehicle and plowed into the barrier wall that separates the road from the north side of the QEW.

A large section of the wall was knocked down as a result.

The woman was the only driver in the car.

The crash follows a similar incident this past Jan-

uary, when a van plowed through the barrier and was hit by a tractor-trailer, causing a multi-vehicle crash.

Authorities are still investigating the crash. It is unknown if any charges will be laid.

The Erin Mills community reacts to the Winston Churchill crash

by **Marco Patrone**

On a day Ophelia Meneu should be beaming with pride; the day of her daughter’s graduation, the Mississauga mom can’t help but feel a deep sense of loss.

Ophelia stopped to chat with daughter Yvette in the backseat of her minivan just outside Erin Mills Secondary School, a stone’s throw from the Canadian flag lowered to half-mast.

“I heard about it yesterday,” she said. “It’s so sad.”

The Erin Mills community is still reeling in the aftermath of Sunday night’s horrific head-on vehicle crash that claimed the lives of two children and one adult.

One victim was a 13-year-old boy who was well known at Erin Mills S.S. Keziah Edwards-Young was in Grade 7.

In a letter sent home with students, principal Monika Hurford described Keziah as “a well liked student— a valuable member of our school community. We will

miss him.”

“This tragedy has brought great sadness to the students and staff,” wrote Hurford.

Even as Ophelia prepares for her daughter’s big day, she knows the graduation smiles will be tinged with sadness.

“Everyone is gonna pretend and put on a smile. It’s not gonna be the way it should be.”

On the inside, Ophelia says children and parents

will be thinking of one devastated family doing anything but celebrating this week.

“It’s not gonna go well. That’s what I think.”

The week began with great anticipation. Not only is Yvette graduating, she was also due to receive an award for excellence. All that changed Monday as school officials scrambled to process the devastating news of the accident. Yvette’s award ceremony was cancelled.

For Ophelia, Yvette and all the others connected to Erin Mills S.S., all that’s left now is to support the fami-

ly anyway they can. “I don’t know how they’re gonna take it. I don’t know what I would’ve done.”

Peel Regional Police have released the names of those involved in the crash.

40-year old Canville Roberts was pronounced dead at the scene. He was driving the Mazda that crossed the centre line and collided with the Mercedes.

Besides Keziah, Ayon Brown, a five-year-old boy also died. Twenty-four year-old Camall Brown-Williams, who was behind the wheel of the Mercedes, was not seriously hurt.



staff photos

STAY IN TOUCH

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PEEL
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NEWS

Peel Pride chair promotes inclusion at flag-raising ceremony

(Continued from N1)

Picnic, which will be held this Saturday, July 8 at the Heart Lake Conservation Area in Brampton, from 12 - 3 p.m., featuring local vendors, a barbecue, games and more.

This year marks the 14th raising of the Pride flag and the first for the transgendered flag. Peel Pride Committee Chair Sonya Shorter, who was on hand at yesterday's flag raising, spoke about the group's work to promote diversity and inclusivity in the region. "It's important that people outside our community see us and value us," she said.



Mayor Linda Jeffrey, Regional Councillor Elaine Moore and Peel Pride Chair Sonya Shorter raise the Pride flag at Brampton City Hall on July 5. (Photo by Erica Phillips)

City looks to climate change plan after flooding concerns

by **Marco Patrone**

Several parks in south Mississauga continue to feel the effects of heavier-than-normal weather.

City staff announced on Tuesday afternoon that the promenade near J.J. Plaus Park will remain closed until further notice, due to high water levels and flooding concerns.

The news comes after last week's council meeting, in which it was revealed that the cost of flooding in the area during April and May will cost taxpayers \$2.3 million for repairs and restoration of the shoreline, with potential further costs expected down the line.

Four parks in the area, including J.J. Plaus, J.C. Saddington, Marina and St. Lawrence, remain partially closed and all have damaged areas, including flooded trails, broken concrete and sinkholes.

City staff expect that the water levels will recede in several weeks, after which they can begin the process

of determining the total damage and whether the repairs qualify for Ontario's Provincial Disaster Relief Funding.

City Council also announced last week that it is in the process of developing a Climate Change Action Plan to help prepare the city for unforeseen climate conditions, partially as a response to the flooding incidents over the last several months. Intended to be completed in 2019, the plan is expected to prepare the city for future climate scenarios through a variety of community and corporate-level actions to reduce

climate change impact.

Citing the recent storms, Mayor Bonnie Crombie said that municipalities like Mississauga have an important role to play in dealing with climate change, and that taking local action is crucial. "We have a responsibility to the environment, our economy and the quality of life for our existing and future generations," she said. More extreme weather events are expected in the future, according to the city's own climate projections. These weather events include extreme storms, additional flooding and increased rainfall.



Hungry coyotes threaten Brampton neighbourhood

by **Marco Patrone**

A Brampton councillor is urging residents to stop feeding potentially dangerous coyotes encroaching deeper into the city's neighbourhoods.

Ward 3 and 4 City Councillor Jeff Bowman has lived in Brampton all his life and is growing increasingly worried about coyote sightings there.

"The issue is that there is a neighbourhood in Brampton that does not feel safe while walking with their children, pets or even alone in the evening due to several coyotes who openly walk the streets during the day, and show no fear of humans," said Bowman.

The areas in question include Meadowland, Marsden, Crestview, Lyndfield and Eldomar.

Even for residents used to seeing wildlife in those areas, the sight of coyotes walking on the sidewalk, resting on front lawns, and approaching them as they walk their pets in broad daylight can be troubling.

The city has posted signs warning anyone using recreational trails that coyotes might be in the area. Making matters worse is the fact that at least one resident has

been spotted feeding these animals.

"We did have complaints of a resident feeding the coyotes that our animal control responded to. Feeding the coyotes is never a good idea as it will lead them closer to the homes, make them less afraid of humans and encourage them to stay in the area where they know there is a food source," Bowman added.

Coyotes are not known for attacking humans, but in recent years there have been a growing number of incidents in which the predators have bitten people.

In 2009, a 19 year-old Toronto woman was killed in a coyote attack in Cape Breton Highlands National Park. It is the only known fatality in Canada involving coyotes.

The City of Brampton Animal Services and the Ministry of Natural Resources recommends residents never leave children unattended in an area where coyotes have been spotted.

They also warn pet owners their animals could be attacked by coyotes if left unattended.

The city is hamstrung in terms of what it can do about these animals due to Provincial regulations.

Caledon and Region of Peel plan additional LED lighting for local roads

The Town of Caledon announced plans Tuesday morning to upgrade more an additional 600 LED lights on regional roads this summer, as part of its existing streetlight retrofit program.

The move is expected to help reduce energy costs and lessen environmental impact in the area, and is the second phase of a project that began in 2015 with

1,500 streetlights being upgraded.

RealTerm Energy Corp. was hired by the Town to undertake a design process to determine the best locations for the new lights. The guidelines considered factors such as the amount of traffic, roadway type and lighting distribution.

Language barriers...

by **Surjit Singh Flora**

Canada is a land of great opportunities. You can become anything you want to be in this great country. You just need to walk with your head high and with a clear sense of direction.

We live in a complex multicultural society. But language, education and cultural barriers and biases are hindering the ability of GTA's growing South Asian community to get on their collective feet after they immigrate to Canada.

Nearly 200,000 people with roots in India, Pakistan, Bangladesh and Sri Lanka— three-quarters of

them immigrants— call the GTA home. Brampton boasts the third-largest number of South Asian residents in our great nation.

Sadly, more than one-third of South Asians are not fluent in English. These language barriers hurt their ability to find jobs in their profession and they hinder Canada's business community and labour pool. Many talented individuals who need to find a steady income as quickly as possible are left out in the cold.

When I came to Canada in 1989, I had the same problem. I could neither read nor

write English. I was trying to find a good job, yet I was unable to understand a single word when prospective employers would grant me an interview.

My hopes were slowly dying.

The inability to overcome these barriers causes many individuals to abandon their special skills in favour of minimum wage jobs. This is such a waste of talent. Canada allows thousands of immigrants into our great country on a point system designed to promote skilled labour. However, many of these individuals never

work in their chosen field because of these aforementioned social barriers.

Immigrants come to Canada with hopes of working in their profession, but soon are left with no options but to take any kind of job to put food on the table.

Also, many employers ask for Canadian work experience and that's another big problem immigrants face. The government has attempted to address this problem by providing services designed to integrate immigrants into the community. However, many people don't know such services are available to them and the government seems unaware of their linguistic difficulties. For example,

40 per cent of South Asians have difficulty finding help in order to learn English.

These gaps need to close. Services need to be widely promoted to ensure they reach the appropriate individuals. What good does it do to have services— paid for by your tax dollars— if they aren't being adequately promoted and used as planned?

We need to come together. South Asians need to understand and recognize our needs and then must reach out to other ethnic communities with similar needs and circumstances. We can support each other.

In Mississauga, there are many information centres for newcomers where they

provide a wide range of information on education and training, as well as government programs and settlement services.

South Asians new to Mississauga can find out how to access training, search for a job and even register for English as a Second Language (ESL) instruction at Ontario's Ministry of Citizenship and Immigration website (<http://www.citizenship.gov.on.ca/english/working/>).



Surjit Singh Flora has worked as a writer for the past 20 years. His articles, poems and stories have been published in various local and international newspapers and magazines.

Rant shone a light on rapid pace of demographic change



John Valorzi
Columnist

The recent disturbing rant by a mother at a Mississauga medical clinic demanding to see a white doctor who spoke English sparked YouTube-fuelled backlash around the world against racism and intolerance.

As reported by PDN's Marco Patrone, a smartphone video of the racist incident shot by another patient at the clinic went viral on social media and got 60,000 views by the next day around the world.

Liberal media piled on the unfortunate incident to promote their views of openness, diversity and inclusion while immigration activists decried white Canadians' intolerant attitude towards newcomers.

But aside from the raw emotions it evoked, the "white doctor" rant also shone a light on an issue that few are willing to

debate—the rapid pace of demographic change in the country and whether the more than 300,000 people who come to Canada each year is the right amount to satisfy the country's economic needs.

Certainly there is racism and intolerance in all communities—recent immigrants included. Just ask anyone who has come to Canada from war-ravaged Syria, Iraq, Afghanistan, South Sudan and other troubled or impoverished countries in the developing world. Look at how religion and factional divides play a role in turmoil across the Middle East and Africa.

Let me be clear. Immigration in general is a great thing for Canada.

I'm an immigrant myself from a small town in the Trentino region of northern Italy and I experienced the same kind of intolerance when I arrived as a small child in the 1950s as today's newcomers face. But because of demographic realities— lower birth

rates among traditional Canadians— this country badly needs immigrants to help sustain the economy and revitalize the labour pool.

We don't want to face the same future as Japan— an aging population, declining birth rate and immigration restrictions— that threaten to cut its population by a third over the next 50 years. But the pace of immigration in Canada must be better managed and more work needs to be done to help integrate new Canadians into society.

All Canadians also need to learn more about the history, cultures and historic divisions in far-off countries to help them understand immigrants and their motivation for choosing Canada as their new home.

Troubles occurred in the past when large waves of immigration undermined support for newcomers. Just ask the Chinese-Canadian community about the 1885 Chinese head tax law— a shameful vestige of our

intolerant past— a policy response to the growing number of

Chinese workers building the Canadian Pacific Railway. Two decades later, big riots took place against Asians in Vancouver and immigrants from China faced decades of restrictions until the postwar period.

We live in a more tolerant world today, so those kinds of restrictions would be nearly impossible to impose. But there's no doubt that fear of widespread immigration has gripped some around the country.

It might not be a bad idea to revisit Canada's policy of multiculturalism— the idea of a community of communities that leads many immigrants to integrate more slowly than they should into general society. Immigrants also should try to adapt their cultures to fit with broader Canadian values of tolerance, equality of women and human rights.

It's also up to government, academics, journalists and citizens to look realistically

at immigration and its positive impact on Canada and help dismiss many of the misconceptions that have cropped up over the years.

It's not true that newcomers are a drain on Canada's social welfare and health systems. Most are well educated, with skills in demand and the ability to succeed on their own without the help of government.

It's false to believe immigrants don't want to work. Ask any business in the Alberta oilsands, B.C. lumber sector or Ontario's auto parts and high-tech firms about where they would be without the thousands of workers in the foreign worker program who filled jobs Canadians did not want or didn't have the skills to get.

Immigrants are not taking jobs Canadians should have. Many newcomers work in sectors where there is a skills shortage and many economic immigrants bring significant investment into the country— in housing, small business, education and technology.

Looking ahead, the wave of immigration will grow even more intense as

our population ages and the country is forced to replenish its labour force. For nearly four decades, immigration to Canada has ranged from

225,000 to about 275,000 a year— excluding annual refugee totals.

Most newcomers in recent decades have come from China, south Asia and the Caribbean. That's a trend expected to continue since all major political parties support the current policy.

It's up to ordinary Canadians— especially older Canadians—to be more inclusive and understanding, knowing that they and their ancestors faced the same hurdles when they came to this country generations ago.

My two millennial daughters— typical of their generation— grew up mixing with other cultures in school and in the workplace and now easily navigate among all ethnic groups effortlessly. You won't find

them asking for a "white doctor" and that provides hope for the future.



John Valorzi is a veteran journalist and former business editor at the Canadian Press.

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Pro-business watchdog says hotel tax could slam tourism in Mississauga

by **Marco Patrone**

A pro-business group is the latest to throw cold water on Mississauga's proposed new hotel tax.

Mississauga council is mulling over the idea of imposing tax on hotel rooms that could add an extra \$16 million to municipal coffers. The Canadian Federation

of Independent Business says its member companies in the tourism sector would definitely feel the negative "trickle down" effect from such a tax.

"It could lead people to think twice before coming to Mississauga," said Julie Kwiecinski, Director of Provincial Affairs for the CFIB. "People might stay home. They might not go anywhere and say 'you're already charging me 13% HST for a hotel room. They're wondering more and more, 'where does this taxation end?'"

The CFIB represents a host of companies that could feel the pinch if the city imposes a hotel tax. Those include companies providing bed and breakfasts style accommodations, bars, golf and country clubs, gift shops, restaurants, flower shops and others.

"People are on tight bud-

gets," she said. "People don't have a lot of disposable income. That could mean one less trip to the water park. When you work in a small business environment, you have a small window of financial flexibility. Every penny, every dime counts."

The provincial government made the levy possible when it gave municipalities the green light to tax hotel rooms in the 2017-18 budget tabled by Finance Minister Charles Sousa.

Kwiecinski blames the province for opening the door to a tax which municipal politicians would get the blame for.

"I really blame the province," she said. "It's almost like saying 'I'm going to hand the hot potato to you so that you can wear it in Mississauga, Mayor Crombie.'"

Pro-business groups

say it's looking more like a spending problem at the municipalities as well at the provincial level.

The CFIB has joined the Greater Toronto Hotel Association (GTHA) in urging the city to look for ways to trim costs rather than hitting people in the pocket book.

"If you think, nickel and diming people with taxes is the answer to your revenue problem. It's not a very smart way to approach it," said Kwiecinski,

There are around 10,000 rooms in Mississauga, which could be taxed at five-per-cent on top of the to the 13 per cent Harmonized Sales Tax already charged to hotel rooms. Council is also considering a property tax hike of three percent next year to help pay for enhanced Mi-Way transit and improved fire service.

Caledon OPP hosts Youth Leadership Program for local students

Officers from the Caledon detachment of the Ontario Provincial Police (OPP) will be hosting the annual Youth Leadership Program from Tuesday, August 1 to Friday, August 4

During this time, students will be provided the opportunity to engage in a variety of community activities while interacting with Caledon OPP officers and fellow students.

Successful applicants will earn a sense of satisfaction from being able to give back to their community and attain 40 hours of community work as a part of their requirement for successful completion from high school.

For more information regarding the program, contact Provincial Constable Tamara Schubert at tamara.schubert@opp.ca.



Susan Kwiecinski of CFIB. (Supplied photo)





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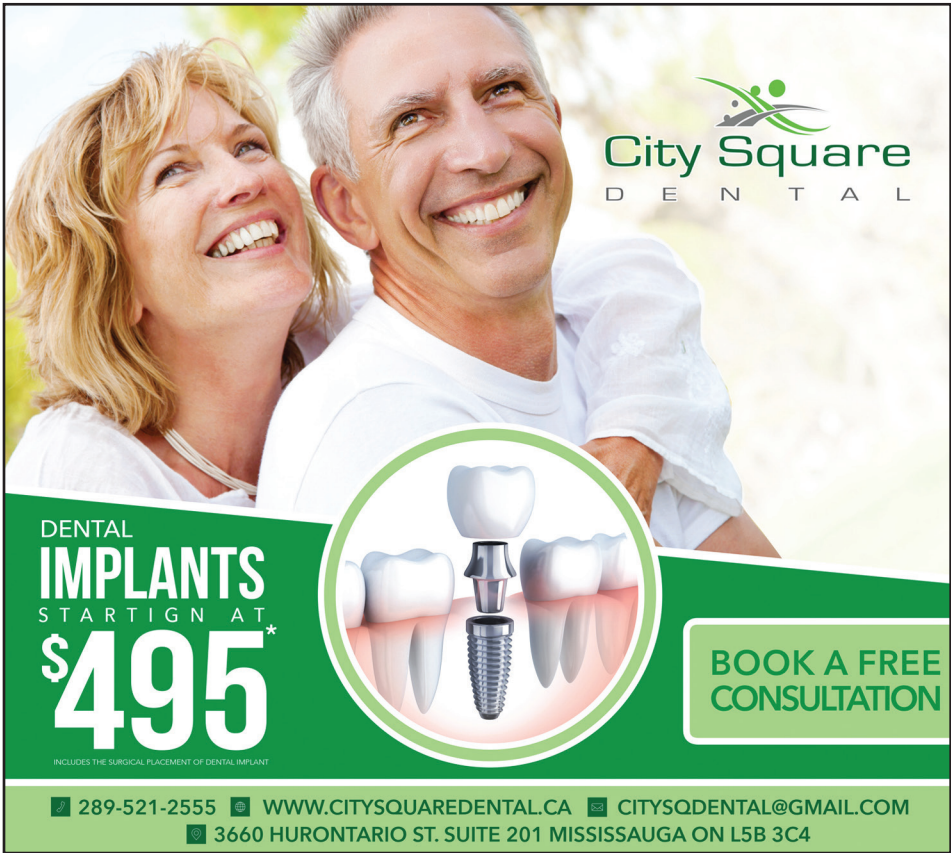



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Aerospace training takes shape in Mississauga

by Alex Gregory

One Mississauga airplane manufacturer is opening the floodgates for youths to receive in-demand skills and full-time jobs.

MHI Canada Aerospace announced Thursday morning that it is helping an ongoing Structural Airplane Apprentice Program, which gives interested youth applicants the means to receive meaningful training, skills and the opportunity to receive full-time work with the company, which produces airplane frames and assemblies.

Individuals between the ages of 18 – 29 can apply for the course, which includes a 20-week training program and eight-month apprenticeship. With six rounds of applicants accepted each year and many of the graduates going onto full-time employment with MHI, the company says that it's a welcome initiative for youths in the city to gain meaningful work and have fun at the same time.

"Candidates in the program develop advanced

manufacturing skillsets that can be put to work at the company, said MHI President Mike McCarthy. "They will develop strong interpersonal, leadership and teamwork skills."

Approximately 60 positions are available for the program, which takes its next round of applicants in August of this year. Applicants do not need to have a high school diploma, college diploma or university degree to apply. Candidates for the program will work directly out of MHI's Mississauga branch.

Mayor Bonnie Crombie was also on-hand to deliver remarks, as her office has partnered with MHI to bring more awareness to the company and the program. Having made job opportunities for youths an ongoing priority during her tenure via work with the Mayor's Youth Employment Expo and other initiatives, Crombie spoke about the need for creating sustainable, beneficial work for talented youths in the area. "I remain com-

mitted to creating mutually beneficial connections between talented youth in search of employment and local community builders in need of talented youth," she said.

"With school now finished, and many students now looking for opportunities to start the next chapter of their lives, I encourage them to apply."

MHI's program is also supported by the Ontario Manufacturing Learning Consortium, a non-profit organization that provides firms with training and development tools, as well as employee certification.

Mississauga holds the largest cluster of aerospace companies in Canada by employment, and has more than 24,000 workers at 220 aerospace companies in the city. Crombie said that she wants to continue helping those companies invest and expand.

For more information and to apply, please visit manpowerjobs.com or contact amalia.alimisis@manpower.com.

Peel students raise more than \$21,000 for famine relief fund in Africa

Peel students are helping to make a difference in impoverished parts of the world.

Peel District School Board staff, students and families announced Wednesday afternoon that they had raised \$21,525 in donations as part of a Toonie Tuesday fundraising campaign held on June 13.

The funds were raised in support of the UNICEF

famine relief fund, and will be matched by the Canadian government's Famine Relief Fund for additional impact.

Schools and worksites through Peel Region collected donations by encouraging students and staff to donate what they could for families affected by malnutrition in parts of Nigeria, South Sudan, Somalia and Yemen.

UNICEF development

officer Richard DeLisle said in a release that he was grateful to everyone for their efforts. "The donations will help provide essential micronutrients and life-saving treatments to the 1.4 million children affected."

Donations will go towards various initiatives, including treatment for children suffering from dehydration and malnutrition.

Crombie wants relief from the Province as cap and trade adds \$1.25m to City's diesel costs



Staff photo

by Marco Patrone

The City of Mississauga wants a break on higher fuel costs resulting from a provincial program aimed at cutting greenhouse gas emissions.

At the Wednesday, June 28 meeting, Council passed a motion asking the Province for an exemption to offset increases in the cost of diesel fuel resulting from the province's cap and trade program.

Mayor Bonnie Crombie pushed through the motion and later released this quote through her office: "Given that the vast majority of our diesel fuel is used

for buses, and given that investing in and growing our public transit ridership reduces GHG emissions, it would be helpful if the diesel fuel used by municipal transit services was made exempt from cap and trade."

The provincial program will hike the city's diesel fuel bill by about \$1.25 million; an amount accounted for in the 2017 budget.

Crombie says she'll send a letter to the Minister and "hopefully start a discussion about how this could happen."

Ontario's cap and trade

program began on Jan. 1 of this year.

Municipalities are not directly involved in the program, but do have the option of creating credits based on corporate greenhouse gas reduction activities and to sell them.

An example of those activities might be the credits gained from planting trees in the city, which could then be sold in the carbon market.

The rules under which the City might qualify and apply for such credits will be released over the next year.

Mayor and MPPs welcome OMB reforms in Brampton

by **Erica Phillips**

The Ontario Municipal Board's proposed reforms will be a welcome sight for local businesses and homeowners, local politicians said at a press conference in Brampton.

Mayor Linda Jeffrey applauded the changes this past Wednesday during a media event in Garden Square, as Municipal Affairs Minister Bill Mauro announced proposed reforms to the OMB and provincial land use plans.

The OMB deals with municipal applications and appeals on land use planning, financial issues relates to developments, land expropriation and other municipal issues. With the advent of new legislation by the Ontario government, the OMB will be replaced with a Local Planning Appeal Tribunal,

which will give communities a greater stake in local issues.

Munro also announced updates to four provincial land use plans for the Greater Golden Horseshoe (GGH) area in southern Ontario. Brampton West MPP Vic Dhillon MPP and Brampton-Springdale MPP Harinder Malhi echoed the mayor's sentiments that the changes will be good for Brampton.

On June 1, the Niagara Escarpment Plan came into effect, which follows the updated Growth Plan for the Greenbelt Plan and the Oak Ridges Moraine Conservation Plan that will come into effect on July 1.

"In a fast-growing city like Brampton, we welcome the updated growth plan and the proposed reforms of the land use planning appeal system, which will bring de-

cisions to the local level and we believe will strengthen transparency and accountability," Jeffrey said.

Communities—at the local level—will have a stronger voice in their planning and development of their neighbourhoods, the place where they live, work and play. Replacing the OMB with the Local Planning Appeal Tribunal will "ensure people have access to faster, fairer and more affordable hearings," Mauro said.

At 600,000 people, Brampton is the ninth largest city in Canada, and the second fastest growing city in Canada: Brampton is expected to grow to nearly one million residents by 2041.

During the two years of planning that went into these updates, the Province heard from various stakeholders, including the City of Brampton.



L - R: Vic Dhillon, MPP Brampton West, Brampton Mayor Linda Jeffrey, Harinder Malhi, MPP Brampton Springdale and Municipal Affairs Minister Bill Mauro announce provincial changes to the OMB at a press conference on June 28.

Photo credit Erica Phillips

"The city played an active role in the province's Ontario Municipal Board public consultations process. The proposed Bill has taken into consideration many of the issues raised by the City in our December submission

including providing more clarification on how appeals will be scoped better to address issues relating to land use decisions and provincially funded transit," Jeffrey said.

Dhillon says the area has

been identified as an urban growth centre. "The Growth Plan for the Greater Golden Horseshoe will help us make this into a complete community with a range of housing options for all incomes and family sizes," Dhillon said.

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PDN SPORTS

SPOTLIGHT

Attention Peel sports groups
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group's information in the paper for FREE.

Excelsiors Give the Lakers a Scare!

Major series lacrosse action reigned supreme Tuesday night in Peterborough.

The first place Lakers (9 and 1) were given a run for their money by the Brampton Excelsiors (1-8 and 2).

Peterborough prevailed 13-11, but the Excelsiors earned praise from their opponents, specifically over how much they've improved since the start of the MSL season.

The two teams meet again tonight at Memorial Arena. Game time's 8 o'clock. Stay tuned to *PDN Sports* for further updates.

Championship Lacrosse in Brampton!



Joe Snider
Sports Editor

The 2017 Minto Cup, Canada's Junior A box lacrosse national championship, is coming to Brampton next month on Aug. 17 - 29.

"When it was determined that Ontario was next in line to host the Minto Cup, one of Canada's premier lacrosse championships, the City of Brampton very enthusiastically jumped on board, and the proposal to support the event was passed by city council," said Dean McLeod, Ontario Junior A Lacrosse League (OJALL) commissioner.

This year's games will be played at Brampton Memorial Arena, which first opened its doors in 1950 and has witnessed its hometown Excelsiors capture many provincial and national championships over the years, including a Minto Cup in 1952 and for three straight years from 1957 to 1959.

"We're excited to bring the Minto Cup to lacrosse fans in Brampton and help the host Excelsiors celebrate their 146th anniversary," said Terry Rowland, Director of Marketing and Communications for the CLA.

Brampton Mayor Linda Jeffrey said "Sports is a celebration of commitment



Canadian
Lacrosse
Association

and teamwork, and it helps bring people together—athletes who compete, coaches, families and fans who support."

"Lacrosse has a rich history in our city and Brampton hosting this high-caliber national tournament is significant for the sporting industry locally and across Canada."

Four of the best Junior A lacrosse teams in the country will compete for the historic Minto Cup trophy, which was first awarded in 1901 and was officially designated as the Junior 'A' lacrosse championship of Canada in 1937.

As the host province, Ontario receives two berths in the tournament, which will be filled by the OJALL finalists, while the challengers from the British Columbia Junior 'A' Lacrosse League and the Rocky Mountain

Lacrosse League, which has teams in both Alberta and Saskatchewan, will each send their league champion.

"We can't wait to welcome the Canadian lacrosse community back to Brampton for this event," added McLeod. "I'm confident that everyone involved in planning and execution will help make the 2017 edition of the Minto Cup a memorable one."

A Minto Cup Pass (good for all games) is \$110. Single game tickets are \$12 (adults), \$9 (students and seniors) and \$5 (children) for round robin matches.

Semi-final / final tickets are \$15 (adults), \$12 (students/seniors) and \$8 (children). Tickets will be available on game day, 1 hour before game time. To purchase tickets in advance, please e-mail excelsiors@bell.net.

www.peeldailynews.com

Canada's Ladies of Lacrosse Ready to Take On The World!

by Joe Snider

Team Canada has made some adjustments to its roster for next month's 2017 FIL Rathbones Women's Lacrosse World Cup, adding midfielder Quintin Bullen and naming attackers Tessa Chad and Holly Lloyd as alternates.

Bullen, a native of Severn, Ont., was recently named the 2017 Orillia Athlete of the Year.

The University of Denver commit, who studies at The Hill Academy in Vaughan, won a provincial championship last summer with the Orillia U19 team.

It will be her first time representing Canada on the international stage.

"We're excited to add Quintin to the roster," said head coach Scott Teeter. "We've followed the progress of a number of players

that took part in our selection camps and when the opportunity arose to add a player of Quintin's caliber we did."

Alternates Tessa Chad of Orono, Ont. and Holly Lloyd of Glen Ridge, N.J. will also travel to Guildford, England with the national team. Both players helped Canada win gold at the 2015 FIL U19 Women's Field Lacrosse Championship in Edinburgh, Scotland.

"Tessa and Holly will be an integral part of our preparations for the World Cup," added Teeter, "and will be counted on to fill in should any injuries arise."

The team will gather in Oakville from July 7 to 9 for a final training camp before head-

ing across the Atlantic to compete against 25 other countries for the World Cup, which runs from July 12 to 22.

A condensed roster will then make its way to Wrocław, Poland for the 2017 World Games from July 26 to 30, which will mark the first time that lacrosse will be part of an international multi-sport event.



Following the Steelheads



With the 37th overall pick in the 2017 CHL Import Draft, the Steelheads proudly selected Albert Michnac from the Czech Republic.

The 5'11", 176-pound forward spent the 2016-17 season with the Guelph Storm of the Ontario Hockey League, where he recorded 39 points (15 goals, 24 assists) in 65 regular season games during his rookie season.

The Praha native describes himself as a "skilled player with good vision and skating, who likes to have the puck on his stick."

Michnac is excited to continue his development in the OHL with Mississauga, adding, "I'm really excited to stay in the OHL. I love playing in Canada."

Steelheads' Head Coach and General Manager, James Richmond is pleased with the addition of Michnac, adding "he is a proven offensive player in our league, and we look forward to seeing him at camp."

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PDN Sports congratulates Owen and Nick



Nick Hague and Owen Tippet



Photo credit CHL Images

A pair of Mississauga Steelheads was selected in the first and second rounds of the 2017 NHL Entry Draft in Chicago.

Right winger Owen Tippet was selected in the first round, 10th overall by the Florida Panthers. Tippet, from Peterborough, recorded 44 goals and 31 assists (75 points) in 60 games played during the 2016-17 regular season, before adding another 10 goals and nine assists in 20 playoff games.

Defenceman Nicolas Hague was also selected by the Vegas Golden Knights,

in the 2nd round, 34th overall. A 6'6" defenceman from Kitchener, Hague tallied 18 goals and 28 assists (46 points) in 65 games played during the regular season. In the playoffs, Hague added a goal and 11 assists in 18 appearances. Go get 'em, boys!

PDN Sports Presents... The history of the Brampton Tennis Club



Tennis has had a long and interesting history in Brampton. Reports of its popularity as a local recreational sport date back to the 1880s.

Brampton Tennis Club originated in 1885 as part of the Brampton Amateur Athletic Association.

This Association, among other activities, created the first organized tennis courts for the public on the Rosalea Park grounds.

The location of the Club in Brampton changed from time to time during its first half-century or so of existence.

However, in 1954, the Club sought assistance from the then Town of Brampton and was granted the use of part of Rosalea Park.

That year, with the creation of four clay courts on land that had been used as a lacrosse pitch, the current

location took root.

Over the years, there have been significant changes such as overhead lighting, a clubhouse, additional clay courts as well as two hard courts, and an automatic sprinkler system.

Thanks to the efforts of numerous Club members over the years, the popularity of tennis has grown in Brampton and the Club has become a significant landmark on the local sports scene.

Three Club members: Amblo Wilby, Ralph Adsetts and Cecil Stokoe were officially recognized by the City for all their efforts and were inducted into the City of Brampton Sports Hall of Fame.

Plaques to commemorate Wilby, Adsetts and Stokoe can be found in the clubhouse.

Recently, Bruce Car-

ruthers and Bobby Mahal were recognized by the City and their plaques can be seen on the clubhouse wall.

Over the years hundreds of players have learned the game at the Club through well-designed lessons offered by excellent coaches.

While most simply enjoyed recreational tennis, others with a more competitive nature took their game to a higher level.

Some former members of the Brampton Tennis Club have even competed internationally; the best known is Jill Hetherington who played in professional tournaments worldwide including Wimbledon.

Today, the Club continues to grow with over 400 members and numerous programs for all ages and interests.

For those interested in more information about the Club's history, a wonderful book full of interesting facts was published in 1988. What's All The Racquet? was edited by Eva Andrews with contributions from several long-time members.

Although currently out-of-print, copies are available at the Brampton Library and Region of Peel Archives.

TFC After 18 - The Season So Far And What's Coming Up For The Reds

by **Benedict Rhodes**

Despite their ugly 3-1 loss to FC Dallas on Saturday, Toronto FC are still among the favourites to win the Supporters Shield.

The Supporters Shield is the trophy awarded to the MLS team with the most overall points in the season. Before Friday's loss to Dallas, Toronto was in first place but following Chicago's 4-0 win over the Vancouver Whitecaps, Toronto have fallen to second place, two points behind Chicago.

The two clubs will meet in August in a match that could decide the regular season title winner.

Every week, BMO Field is packed with passionate fans that help propel them to victory, and The Reds are unbeaten at home this season.

A huge confidence booster for Toronto FC was the Canadian Championship.

Not only was it the first trophy of the season, but it

also allowed manager Greg Vanney to rotate in some young Canadian players.

The rules for that tournament state that at least 3 Canadians players must start the match, allowing players like Brampton's Jonathan Osorio to take centre stage.

Toronto FC won the Canadian Championship 3-2 on aggregate over bitter rivals Montreal last week, their record sixth title.

The next few weeks will be difficult for Toronto FC as the Gold Cup is taking place.

The international tournament is contested by countries from North America and the Caribbean, so Toronto have lost Armando Cooper to the Panama national team, Justin Morrow to the American team and Jonathan Osorio, Raheem Edwards and Tosaint Rick- etts to the Canadian team.

These are big losses but, in my opinion, Toronto has the depth necessary to overcome them.



Weird/Baseball History

Summer, 1939:

Joe Sprinz of the San Francisco Seals, a minor

league team, attempted to set a world record in one of the craziest stunts ever seen at a ballpark: 800 feet from the ground, baseballs

were to be thrown from the inside of a blimp until Sprinz could at last grab a hold of one. The first four balls sailed nowhere close to him, but on attempt No. 5, a ball streamed right at him at more than 130 mph.

Sprinz got in position, readied himself, and was able to get the ball in his glove. But the baseball was travelling at such momentum that it carried his glove right into his face, damaging his nose, fracturing his jaw, sending five of his teeth flying, and knocking him unconscious. Sprinz would spend the next two months in the hospital and, adding insult to injury, failed to hold on to the ball, losing the world record. "My lips looked like hamburger," Sprinz later recalled.



Parks and Recreation Master Plan endorsed by Brampton council

Councillors at the City of Brampton endorsed a Parks and Recreation Master Plan (PRMP) last week, which is intended to provide a framework for the delivery of parks and open space, indoor and outdoor recreation facilities and recreational programming and services for Brampton, over the next 15 years.

In a news release, the City said that the PRMP will not only build upon Brampton's legacy of parks, recreational and sport facilities and program delivery, but will also offer recommendations along with a suggested time frame for its delivery.

The Master Plan is part of the City's "Future Ready" initiative, which addresses trends in the area's changing population and needs. The PRMP will evaluate existing parks, sports and recreation infrastructure, and also provide a financial plan to guide future decision-making.

"The Parks and Recreation Master Plan reflects a new perspective that, I

believe, will better serve our changing demographics and their varied needs," said Brampton Mayor Linda Jeffrey.

"Over time, this will help us provide the most suitable parks and recreational facilities and programs in the right location, at the right scale to best meet the needs of our community."

One of the key priorities of the PRMP is a focus on promoting healthy lifestyles for people and encouraging them to get more active.

Some of the recommendations in the PRMP over the next 15 years include:

- Construction of a multi-use community centre in Brampton West (west of Mississauga Road and north of Steeles Avenue).
- Development of a new seniors' centre to serve the Brampton East area
- Strategically optimizing the City's older and smaller community centres through redesign and redevelopment
- Adding more than 240

hectares of new parkland to the City's inventory, guided by a Parkland Acquisition Strategy

- Developing a prioritized list of parks for redeveloped through a Parkland Renewal Plan

- Constructing a minimum of nine new 'rectangular' grass fields, one new artificial turf field and three new cricket pitches.

Multi-purpose trails/bike lanes (active transportation), arts and culture facilities and natural heritage lands were not formally part of the PRMP.

The PRMP was developed with the help of Monteith Brown Planning Consultants (lead) with Tucker-Reid & Associates and Swerhun Facilitation.

The process included extensive public input that involved open houses, workshops, focus groups, interviews and online surveys.

Snider's view

With the release of the Leafs schedule for the upcoming 2017-2018 NHL season, I'm as pumped as I've been in a long, long time--(at least 20-25 years).

The campaign starts in Winnipeg on Wednesday, October 4 before the team holds its home opener at Air Canada Centre against the New York Rangers on Saturday, October 7. Toronto wraps up the 2017-18 campaign on home ice on April 7, 2018 against the Montreal Canadiens.

Of note?---Love the history!

The Leafs will host the Carolina Hurricanes at 2 o'clock on December 19, 2017, commemorating exactly 100 years since the Toronto Arenas played the first game in franchise history on December 19, 1917, as part of the first game day in NHL history.

History aside: Lou and Brendan and company have done a heckuva job of giving

us Leaf believers reason to believe.

The latest piece of the puzzle is Patrick Marleau, whose veteran leadership and presence, both on the ice and in the dressing room will speak volumes next season. Sure, I hear those wondering if a cap hit of \$6.25 million over each of the next three years for a player who will be 38 on opening night is money well spent. But, but, but---the guy still has it. (He can fly!) And, character to spare.

and, and, and--Babs loves him.

Perfect? Pretty close when you put him in the mix with the Buds three young studs; Matthews, Marner and Nylander.

Stanley cup? Nope - won't go there - yet.

A deep playoff push? I think so.

Do I bleed blue and white?

Definitely!

JS

PDN canada DAY TRIVIA

Test Your Sports Knowledge; Canadian, eh?

1. From what famous heavyweight boxer did the Winnipeg Blue Bombers adapt their name?
2. What was the original name of the team we know as the Calgary Stampeders?
3. What was the name of Montreal's franchise in the World League?
4. What Canadian synchronized swimmers came back from five years' retirement to win silver in 1992?
5. What team accidentally left the Stanley Cup on the side of the road when they stopped to fix a tire?

Answers on page S4

PDN Sports salutes Brampton Sports Hall of Fame member The amazing Gillian Apps

Gillian Mary Apps, born Nov. 2, 1983, is the granddaughter of Hockey Hall of Fame member Syl Apps and the daughter of former NHL'er Syl Apps Jr.

She was a member of the Canadian Women's national ice hockey team, winning gold at the 2006 Winter Olympics in Turin, Italy, the 2010 Winter Olympics

in Vancouver and the 2014 Winter Olympics in Sochi, Russia.

She was also a winner of gold medals with Team Canada at the 2004 and 2007 World Ice Hockey championships and silver medals in that event in 2005, 2008, 2009, 2011 and 2013.

More Than Just a Hockey Player:

On Aug. 30, 2015, Apps completed the Muskoka Ironman triathlon in just under 15 hours. In September 2015, she retired from the Canadian women's team, after sitting out the 2014-2015 season from both the national team and her CWHL team, the

Brampton Thunder. Apps finished her national team career with 50 goals and 50 assists for an even 100 points in 164 games, and ranks second all-time on the Canadian team in penalty minutes behind Hayley Wickenheiser with 255.



Gillian Apps

She swings she scores:

Apps' is involved with She Swings She Scores, a joint initiative between the Ontario Women's Hockey Association and the Golf Association of Ontario to encourage girls to take up golf as well as hockey.

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Second Annual RBC Canadian Open 5k Golf Run set to go Saturday July 22

Two sisters from Lorne Park will run to honour their grandparents

by **David Robinson**

The second running of the RBC Canadian Open 5k Golf Run is scheduled for Saturday, July 22 at Glen Abbey Golf Club in Oakville.

The event was originally conceived by Landmark Sports, a Mississauga-based sports and event marketing company to draw attention to the annual RBC Canadian Open during the week leading up to the opening round.

Landmark Sports also founded the Mississauga Marathon and the Oakville Half Marathon.

They are no strangers to the golf world either, as they have organized numerous charity golf tournaments and represent several pro golfers, including Brittany Marchand, Ryan Williams and Jim Rutledge.

"When we met with Golf Canada they wanted to add an event that would build aware-

ness with the general public that may not necessarily be regular golfers," stated race director Brody Coles.

"People that love golf and consider it their main sport are well aware of the tournament. However, there is a broader scope of folks that need a little of enticement to attend. Having an opportunity to run on the very golf course that top golf pros will be playing in just a few days is an interesting concept," commented Coles.

"In our first year, we attracted 400 participants, and many of them have run in our other races. Golf Canada was thrilled with the extra exposure," he added.

"Our online registrations are double what they were last year to date, so it is conceivable that we could have 800 people at the start line on race morning. Fingers crossed."

The race starts at hole #1

and traces the course through the first nine holes before crossing over to the 17th and finishing up at the very scenic 18th. Race registration fees are \$65 until July 5, \$70 until July 19 and \$75 on race day.

Participants will receive an authentic runners bib number, souvenir T-shirt, lunch and a finisher's medal. The race fee also includes a free any-day pass to the 2017 Canadian Open. Finishers will have the opportunity to visit the Coors Light Beer Garden and will be able to sit and watch the third round of the British Open on the big screen TV.

In order to attract the golfing crowd, Landmark has conceived a Golf Club Championship. The golf club that has the most participants in this year's 5k run will win a upgraded pass to the Golf Canada House, a hospitality area that has great views of six

holes of the course.

Last year's race scored a 96 per cent satisfaction rate on a post event survey.

These events are all about participation and the enjoyment of running. Two sisters from Lorne Park plan to run the race together in honour of their grandparents.

Addison Tzeng-Fearon, 11 and her older sister McKenzie Tzeng-Fearon, 13 have been running together with the support of mother Margaret for about two years now. Mom got the girls into running as way to get some exercise, and can be seen biking beside them offering support and encouragement during their training runs. To date, the girls have done about 15 races together including the 5k at the Mississauga Marathon and the 5k at the Oakville Half Marathon. They generally train three to four times per week and are able to juggle the



training around their schooling and family time. The girls are quite speedy, completing the 5k distance in 20-22 minutes. They also compete in school track meets and cross-country races.

Both girls recently competed in the inaugural Streetsville Mile and covered the distance in just over six minutes.

Their participation in this year's RBC Canadian Open Golf Run will be in honour of their 77 year-old grandmother who suffers from a rare degenerative disease similar to

Parkinson's Disease. Grandpa is the official cheerleader and keeper of the running statistics.

When I spoke to the girls and their mom over the phone, I was struck by their enthusiasm and their sheer joy of running. Running is something they do together as a family. Good to see.

Race time on Saturday July 22 is 9 a.m. Scott Russell from CBC Sports is expected to be the official race starter.

For more information on the race go to www.golfrun.ca.

Brampton Lacrosse hosts Tournament of Champions



by **Ron Evans**

This past weekend, the Brampton Minor Lacrosse Association (BMLA) held its season ending House League Tournament of Champions at Century Gardens Recreation Centre.

Over 250 athletes and coaches took part in age groups from Peanut (3-4) right up to Juvenile (15-21).

Contested over three days, it is a celebration of another great year of House League Minor Lacrosse in Brampton. Adding to the celebration is the fact the BMLA is celebrating its 75th

anniversary this year.

Winners were determined in Paperweight (Team Blue), Tyke/Novice (Team Green), Pee Wee (Team Blue), Bantam (Team Gold) & Juvenile (Team Blue).

One of the highlights of the weekend was the appearance by local lacrosse legend Dangerous Dan Dawson, who brought a fire truck along with his captain and other members of the platoon to give the young boys and girls a chance to have their picture taken with the truck, learn fire safety tips and pick up an auto-

graph from Dan himself. The Brampton Professional Firefighters Association is a valued corporate sponsor of Brampton Minor Lacrosse.

Although this spells the end of the House League program, that doesn't mean the lacrosse season is over.

The BMLA is now offering a six-week development program for players to hone their skills.

The six-week package cost just \$30 a player and starts on July 5. And of course the very successful rep program continues leading up to the Provincials in August. More details can be obtained by checking out the BMLA website at www.bramptonlacrosse.ca.

And don't forget, the Brampton Junior Excelsiors are hosting this year's Minto Cup at Memorial Arena, Aug. 17 - 29.

Blue Jays Memories: Otoniel "Otto" Vélez Franceschi

Vélez was named the Blue Jays' opening day designated hitter in their first ever game on April 7, 1977, as he went 2 for 4 with a run, helping Toronto slam the Chicago White Sox 9-5. What a month he had 40 years ago! Vélez was named AL MVP for April. He hit a torrid .442 with 5 HR and 18 RBI in 21 games. Vélez had a strong first season with the Jays: a .256 batting average with 16 HR and 62 RBI in 120 games.

Vélez saw his offensive production dip in 1978, as he hit .266 with 9 HR and 38 RBI in 91 games, but despite appearing in only 99 games in 1979, Vélez improved to a .288 batting average with 15 HR and 48 RBI.

Vélez had his best season in 1980 in 104 games: he hit .269 with 20 HR and 62 RBI.

His night of nights!

On May 4 that year, Vélez hit four home runs in a doubleheader against Cleveland.

Vélez hit one of each possible home run in the doubleheader – that is, a solo, two-run, three-run home run as well as a grand slam. In other words, "hitting for the cycle" in home runs. His home run and RBI totals were the second highest on the team.

Vélez struggled in 1981, appearing in 80 games, batting .213 with 11 HR and 28 RBI.

In 1982, Vélez appeared in only 28 games with Toronto, hitting .192 with 1 HR and 5 RBI. On Sept. 7, the Blue Jays released Vélez.

Otto was with the Jays from 1977 to 1982.

PDN TRIVIA

Answers from S3

1. Joe Louis
2. Tigers
3. Machine
4. Penny and Vicky Vilagos
5. Montreal Canadiens in 1924

PDN LIFESTYLE

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group's information in the paper for FREE.

Lakeview Public Library celebrates 50th anniversary

by Catherine Soplet

When Lakeview Public Library turned 50 on Tuesday, July 4, the Ward 1 Councillor declared it was a “stunning” public space.

Councillor Jim Tovey said that residents who use the library can feel as though they can connect to the outside park-like setting.

More than 350 people attended the 5th annual Lakeview Block Party, which coincided with the 50th Anniversary of the opening of Lakeview Library as a Centennial project in 1967.

Attending dignitaries who joined Ward 1 Councillor included Mississauga Mayor Bonnie Crombie, Ward 4 Councillor and Library Director, John Kovac; Friends of the Mississauga Library President, Michael

Jones; and Mississauga Library Executive Director, Rose Vespa.

Mayor Bonnie Crombie drew upon the importance of public libraries as essential learning centres.

While Mississauga has 18 library locations for 300,000 library card holders, there are many more people who use the library to practice learning English.

The civil and safe tone of libraries is a low-cost and low-barrier way to boost quality of life.

Mayor Crombie noted that more than 50% of residents are newcomers. People of all ages who are not employed, not in formal education and not in training [NEET] turn to libraries as their source for information.

Vespa thanked the many volunteers, TAG youth volunteers and the fundraising



support of Friends of the Mississauga Library who contribute thousands of hours and purpose-driven resources.

When it opened in 1967, Lakeview Library was one of a trio of Mississauga's Centennial libraries. The other two locations were Malton and Lorne Park.

In February 2013, after federal infrastructure funds were put to good use, the same trio of Centennial li-

braries were recognized for “astute and economical remodelling” with the Governor-General's Medal for architecture in 2013.

In the park was a showcase of community, vendor and city services kiosks, face painting and active games.

After speeches, residents relived the drama of 1812 battle militia, staged by Thompson's Company Second Regiment, York Militia.



International Centre hosts fifth annual Halal Food Fest

More than 100 halal restaurants, specialty stores and bakeries will be cooking up a variety of delectable dishes during the fifth annual Halal Food Fest, which returns to Malton's International Centre on July 15 and 16.

This year's festival brings an assortment of exhibitors and guest chefs, including MasterChef (FOX) contestant Amanda Saab, South Carolina comic Jeremy McLellan and many more personalities.

Notable exhibitors and dishes include butter chicken and nihari sliders from Messy's Sandwiches, a Unicorn Cronut from The

Pastry Shop, and authentic Jamaican halal cuisine from Rose's Kitchen.

Guests can also enjoy stage shows, including the popular Cake Walk hosted by comedian Aman Ali, with special guest judge Yvonne Maffei, author of the popular blog-turned cookbook, My Halal Kitchen.

This year's main stage events include cooking demonstrations by Kaif Khan and Chef Russell Auckbaraullee, and live performances by artists and comedians, including Khaled Siddique and Aman Ali.

More than 35,000

visitors are expected at the two-day festival, which supports the growing demand for halal food, says founder Salima Jivraj. “There's still room for more education around what halal is and what makes certain foods halal. Providing education is one of our goals, and that's why our festival is for everyone - Muslim or not,” she said.

According to a report from Nourish Food Marketing, the Canadian halal food market is estimated to be worth \$1 billion.

For more information, visit www.halalfoodfestto.com.

Sharing Canadian Stories with the Camera Club and LAC this July

A series of inspirational photographic works will be on display tonight, as the Mississauga Camera Club launches the “Proud To Be Canadian: Our Stories” exhibition at the Living Arts Centre.

Intended as a celebration of Canada's 150th birthday through “the vibrancy of life, colour and form”, the exhibition will include portraits selected by several renowned artists, including Freeman Patterson, Charles Pachter and Richard Martin.

The MCC, founded in 1955, has more than 200 members. The club created the exhibition to celebrate

Canada from coast to coast and highlight narratives woven by members of the club. The opening reception will take place tonight (July

6) from 7 - 9 p.m. at the Living Arts Centre. The exhibiton will run until August 30. Admission is free.



A First Nations Elder, one of the photos in the exhibition. (Submitted photo)

And the One Book One Mississauga title is...

by Erica Phillips

Requiem by Frances Itani is the One Book One Mississauga title announced during the Canada Day party at Mississauga Celebration Square.

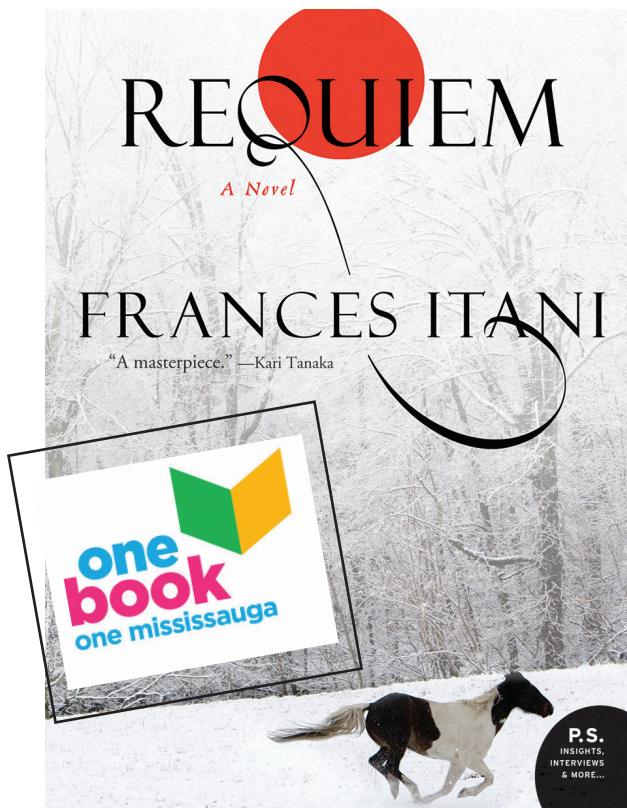
"I am honoured to know that *Requiem* has been chosen for One Book One Mississauga. This is a novel that is close to me for many reasons, and I am thrilled that it is about to be widely shared. I look forward to meeting as many readers as possible while I am in Mississauga for associated events. Thank you so much for choosing *Requiem*," said Itani.

Itani, a highly acclaimed author, is a member of the Order of Canada. She has written sixteen books. Her new book, *That's My Baby*, will be published in September.

"Mississauga readers are encouraged to read the book (*Requiem*) over the summer and participate in author events and book clubs in the fall of 2017," said Diana Krawczyk, manager, Burnhamthorpe Library.

A \$10,000 donation from the Friends of the Mississauga Library means 300 copies of the print edition, 10 audiobooks and accessible DAISY books will also be available. All branches of Mississauga Library have displays featuring the title. To find your local branch, visit www.mississauga.ca/portal/residents/library. Arrangements have been made for unlimited access the e-book via Overdrive so residents can read the book on their devices. This will also promote the online service and have many more people reading the same book.

"*Requiem* follows the story of Ben Okri, a recent



widower who is sent on a journey through his past and across Canada to visit his father. As a child, Ben and his family were held in a Japanese internment camp during World War II in the interior of British Columbia. As does Canada, Ben has to come to grips with his own painful history and move forward to build a new life for himself," said Krawczyk.

Staff members with the Mississauga Library are excited about the opportunity to promote Canadian fiction and non-fiction. One Book One Mississauga is a way to get many Mississauga residents reading and discussing the same book. Friends of the Mississauga Library is sponsoring the talks.

This is the first year for the program, which aims to promote literacy and community involvement in Mississauga.

"The library developed the 'One Book, One Mississauga' program especially for the Canada 150 celebrations. It is a well-known program, started in Seattle, which encourages a city to share a reading experience," said Krawczyk.

A selection committee read the shortlist— which was developed by the Library's Readers' Advisory committee— and determined the winning title.



Frances Itani



Brampton Library staff recommends great summer reads for Peel Daily News readers. Borrow these books and access free ebook and eAudiobooks. Click the homepage buttons at www.bramptonlibrary.ca to see how easy it is to read

Brampton Library's top summer reads and clubs for all ages

anywhere, anytime.

Once again the TD Summer Reading Club offers kids a fun way to keep track of the books they choose and win prizes for their participation. Parents will be happy to see they're growing their reading skills

at the same time. Older readers are invited to join Brampton Library's Teen and Adult Summer Reading Clubs and win prizes too. Register online at www.bramptonlibrary.ca or in any branch to join the fun.

All branches are hosting TD Summer Reading Club launch parties July 3 – 8:

Gore Meadows,
Tues, July 4 6:30 - 7:30 pm

Cyril Clark,
Wed, July 5 2 - 4 pm

Chinguacousy
Sat, July 8 2 - 3:30 pm

Don't miss the free After Hours Book Bash at Brampton Library's newly renovated Chinguacousy Branch in the Civic Centre on Aug. 18, 6 – 8:30 pm.

Summer reads for adults

Hello, Sunshine
A Novel by Laura Dave

Beach House for Rent
by Mary Alice Monroe

I Need a Lifeguard Everywhere But the Pool by Lisa Scottoline

The Book of Summer:
a Novel by Michelle Gable

The Cafe by the Sea
by Jenny Colgan

Cocoa Beach: A Novel
by Beatriz Williams

Full Wolf Moon
by Lincoln Child

Al Franken, Giant of the Senate by Al Franken

Saints for All Occasions by Sullivan, J. Courtney

A Million Little Things
by Susan Marllery

Summer reads for teens

Carve the Mark
by Veronica Roth

The Whole Thing Together by Anne Brashares

Once and For All
by Sarah Dessen

What to Say Next
by Julie Buxbaum

Kill All Happies
by Rachel Cohn

The Love Interest
by Cale Dietrich

Always and Forever, Lara Jean by Jenny Han

The Last Thing You Said by Sara L. Biren

Caraval by Stephanie Garber

The Gentleman's Guide to Vice and Virtue by Mackenzi Lee

Summer reads for children

Diary of a Wimpy Kid # 111: Double Down
by Jeff Kinney

The Sword of Summer
by Rick Riordan

Amelia Bedelia Makes a Splash by Herman Parish

Clone Camp!
by B. A. Frade

The Classy Crooks Club by Alison Cherry

The Time Museum
by Matthew Loux

Dinosaur Boy
by Cory Putman Oakes,

Land of Stories: Worlds Collide
by Chris Colfer

Biggest Poutine in the World by Andrée Poulin,

If: A Mind-Bending New Way Of Looking At Big Ideas And Numbers
by David J. Smith



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2017 Mississauga Music Walk of Fame class announced

by **Alex Gregory**

A new class of inductees will soon enter local music history as they're inducted into Mississauga's Music Walk of Fame. Four new members, including two-time Juno award-winner Liberty Silver, jazz singer Alex Pangman, Latin jazz star Fito Blanco and broadcasting executive Randy Lennox, will be inducted into the Walk of Fame during the organization's first-ever standalone ceremony on Sunday, July 23 at 3 p.m. The Music Walk of Fame was established in 2012 to recognize local musicians in Mississauga. Each inductee has their name etched into a granite path located in Port Credit Memorial Park. The Music Walk of Fame

celebrates Mississauga's musical history, said Ward 1 Councillor Jim Tovey, who chairs the selection committee. "This year's class once again proves how rich and deep that history is," he said. In the previous five years, the Walk of Fame ceremony was part of the Southside Shuffle.

For more information, visit www.musicwalkoffame.ca.

Artist Bios

Fito Blanco

Panamanian-born Blanco's recordings and videos are a mainstay in dance clubs and on the Billboard Latin charts. The 34-year-old John Cabot Secondary School graduate got his first big break after a music

producer spotted him singing and rapping outside the city centre transit terminal at Square One at age 14.

Randy Lennox

Lennox is a 30-year veteran of the music industry who headed Universal Music Canada before moving to Bell Media two years ago. A member of the Canadian Music Hall of Fame, he was presented the Walt Grealis Special Achievement Award for his contributions to Canadian music earlier this year at the Juno Awards.

Alex Pangman

Pangman, who attended the Froebel School in Erindale Village, Erindale Secondary School and

Erindale College (now University of Toronto at Mississauga), first sang at age 14 at the Suisse Marmite restaurant in Port Credit. The 40-year-old Juno-nominated singer has a passion for the early vocal jazz of the 20s and 30s. She has more than a half-dozen records to her credit, including a 78 rpm record she issued to showcase her favourite musical era.

Liberty Silver

City Centre resident Liberty Silver burst onto the scene in the mid-80s and has been a mainstay of the industry ever since. She's written Olympic theme songs, recorded in numerous genres, been a mainstay of jazz festivals and shared a Grammy award for her work. She continues to record in her Mississauga home studio and runs a charitable foundation for music education based in Brampton.



Mississauga-based Juno winner Liberty Silver is one of four artists who will be inducted into Mississauga's Music Walk of Fame on July 23. (Submitted photo)

A trip to the farmers' market – a personal take

by **Vernon Baney**

On a beautiful Saturday morning I grabbed my reusable shopping bag and set off on a culinary adventure of sorts. My destination: the Port Credit Farmers Market. Nestled away in the corner of the LCBO parking lot, a horseshoe of shade tents with a central block of vendors bustled with the morning crowd.

I decided to take a seat at the café style set up near the entertainment; with 10 or so small tables and chairs, there was ample room. Destination Cafe, a local retailer provides the coffee. Alongside the bulk beans was a variety of freshly brewed coffee available for \$2. In keeping with the environmentally friendly spirit of the market, the owners had set out pieces of raw pasta to use

as stir sticks. After grabbing an apple pie scone from COBS Bread, I sat down to consider my options. While the entertainment was on a break, there was music playing over the speaker system. When an excellent, but obscure Paul Simon track came on, I knew I had to meet the performer.

With a row of six guitars, David Jones looked right at home in the corner of the market closest to the sidewalk. He and his wife Lynette form The Byetheways, an acoustic folk duo. With a set list ranging from classic rock to 80s ballads they provided a fitting soundtrack to the morning. The acoustic music and two-part harmonies was just the right pace and mood. Tracks included the Talking Heads' "Take Me To The River" and Joni Mitchell's "Free Man in Paris".

As a HUGE carbohydrate fan, I was enticed by the amazing spread from COBS Bread. While my eyes were naturally drawn to the pastries and scones, there was a variety of fresh bread and buns available. Styles included vienna, french stick and twist loaves with delicious flavours baked within.

While fresh vegetables are prominent, there were a number of other retailers as well. The toy fad of the day, fidget spinners were for sale. Also featured was a booth from Mojja socks. With a range of funky colours and patterns, Mojja typified the farmers' market vendor: selling an item that was unique, interesting and hard to find. There were several vendors who featured specialty spa products, including soaps and body scrubs. A variety



Staff Photo

of potted shrubs and plants rounded out the non-edible offerings.

Of course, the focus of the farmers' market is food. The market is not just about raw ingredients however; there are plenty of prepared foods as well. Bees Are Life had an impressive display, bringing together a variety of honey products from several different local producers. I had no idea there were so many varieties of this simple staple. Honey from every type of flower imaginable and soaps as well; perfect for clean up after you shamelessly stick your finger into the honey jar! Gourmet cheese and an entire vendor dedicated to kettle popped popcorn made it difficult to stick to my plan for a healthy meal. With three sizes and a multitude of flavours like brown sugar and cinnamon, you can pick up a bag for family movie night, assuming you can resist eating it all as you stroll the market.

Also notable was the display from "Gourmazing Soups" selling frozen bulk soups at \$6 for a 500 ml container. The amazing sample of coconut yam soup was enough to prompt a serious study of the numerous flavours for sale.

While shopping at a farmers' market may mean you're paying a higher price than retail, the freshness and quality more than make

up the difference. Case in point: farm fresh eggs. Just like locally grown produce, the taste of fresh eggs are a world away from their store bought counterparts. I had not expected to find eggs, but the rows of coolers told me they must be a popular product.

Perfectly ripe strawberries were naturally on offer at \$6 for a small box. If you're used to fruit trucked in from the U.S.A., hold on to your taste buds. Whether you're planning on making a dessert or eating them raw, fresh Ontario strawberries are simply one of the best parts of summer.

A variety of leafy greens, perfect for a summer salad is another staple crop for the farms of Ontario. Kale was available for \$3.50 a bunch and spinach for \$2. The vegetables are as fresh as they are numerous. Beefsteak tomatoes were \$5 for a small basket, and fresh cucumbers numbered about six for \$5. Other offerings included carrots at \$2 for a small basket and mixed sweet peppers for \$4.50. Hornby garlic offered a variety of types for those recipes calling for a flavour boost.

I set out to make a meal to feed four people on a budget. Not including \$4 dollars on the coffee and scone, I spent only \$20, which works out to \$5 dollars per serving.

I purchased:
Vienna Loaf: \$5
Farm fresh eggs: \$5 / dozen
Kale: \$3.50 / bunch
Spinach: \$2 / bunch
Peppers: \$4.50 / basket

The eggs were an obvious choice for the main course, and a three -egg omelette with some fresh-diced peppers and toast is a simple and quickly prepared dish. Allow the peppers some time to cook before adding the eggs. Alternately, an egg sandwich on fresh bread would still leave about a third of a loaf for later.

With kale, the spine of the leaf needs to be removed. You can roughly chop or simply tear the leaves to get the desired size. A spinach and kale salad with the remaining peppers makes an excellent side dish. While a balsamic dressing is typical, I find a raspberry vinaigrette provides a lighter touch, allowing the flavour of the greens to be dominant.

Wonderful snacks, great music and atmosphere and an amazing meal make the farmers' market one of the highlights of summer in Mississauga. The Port Credit Farmers Market can be found on the corner of Elmwood Avenue and Lakeshore Road East, in the parking lot of the LCBO. It runs Saturdays from 8 a.m. to 1 p.m. until October.

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Artistry At Its Finest!



Mandala Art Workshop



A free art workshop will be held at Mississauga Central Library on July 15, where participants will be encouraged to reflect on themselves and their art. The Mandala Art Workshop will be conducted by artist/teacher Meena Chopra, and is based on what psychoanalyst Carl Jung has called “a represen-

tative of the unconscious self.” The “mandala”, the Sanskrit word for “circle” or “completion” has a long history and is recognized for its deep spiritual meaning and representation of wholeness. Creating a mandala is intended to be therapeutic and symbolic. The shapes and colours, which are created,

are said to reflect one’s inner self at the time of creation. Instinct and feelings are needed to inspire and guide the painter. Art materials will be provided for the workshop. For registration, call the City of Mississauga’s Arts and History Department at 905-615-3500, ext. 3660. Seats are limited.

Local garden clubs helm inaugural Mississauga Garden Festival

by **Alex Gregory**

Two of Mississauga’s garden clubs are teaming up to helm the Mississauga Garden Festival. The inaugural festival, set to be held on Sunday, July 9, has been organized by the Applewood and Cloverleaf Garden Clubs as a pilot project that centres around 10 gardens located in and around the Rattray Marsh Conservation Area. Intended to showcase the impact on city-wide community development through a focus on gardening, the organizers are hoping that the event will turn into a city-wide celebration

of both public and private gardens. The event will run from 10 a.m. - 4 p.m. and include a festival at Bradley Museum and a traditional garden tour of private gardens. The festival will include a cake-cutting ceremony, gardening speakers, a marketplace, exhibitors, kids’ activities, tours of the 1830’s vegetable and herb garden at the Museum, presentations by Peel Aboriginal Network about the site’s sweat lodge and healing circle and free prizes. Paul Zammit, a Toronto gardening celebrity, will

be a featured guest speaker at the festival. He will be demonstrating making containers using edibles, and one visitor will take home Zammit’s creation. The garden tour will be a paid event, and will include owner-designed and maintained gardens that reflect the area’s habitat, including exotic vegetables, local wildlife, the history of the Rattray Marsh area and more. Tickets are \$20. Admission to the festival itself will be free. For more information, visit www.mississaugagardenfestival.ca.



Home Town Program funds Artful Caledon library initiative

The Caledon Public Library will be helping another grassroots project this summer – helping young artists achieve their potential. Local insurance provider Frank Cowan Company, together with local broker Secure Insurance, will be donating \$5,000 to the Artful Caledon initiative, which seeks to provide young artists with the opportunity to create and display their art pieces through the local library system. Janet Manning, chair of the Caledon Library Board, said that the donation fits

in with the library’s goal of fostering the creativity of local youths through unique and innovative programming. “This project will provide time and space for our budding artists to create and display their work,” she said. The Frank Cowan Company is providing the donation through their Home Town Program, which gives financial support to municipal-related community-focused, grassroots initiatives across the country. In a release on Tuesday, Frank Cowan President Larry Ryan said that the program was

created to benefit programs like Artful Caledon, and that this was a great opportunity to promote public involvement and intellectual stimulation through art. Caledon Mayor Allan Thompson praised the donation, adding that “art should be accessible to everyone in a community. With our extensive library network, this gift will enhance the quality of life throughout Caledon.” For more information, visit the Caledon Library online at www.caledon.library.on.ca.

We hid it... you found it!

We were crafty and hid the Canada 150 Tim’s takeaway cup strategically in last week’s paper. We then asked you, our wonderful readers, to locate it and swing by our Facebook page and tell us where you found it. Thanks to all who entered!



Congratulations to Clemencetta King & Wendy Russell Johnson
They found the cup on page L6. Their names were drawn from the list of entries and they each won a \$5 Tim Hortons’ gift certificate.

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Mississauga goes wild over ribs at the 2017 Rotary RibFest



Ribs and entertainment are the name of the game at the 2017 Amacon Rotary Ribfest. Submitted photo

Habitat for Humanity's first build in Caledon will help 10 families

by Erica Phillips

Volunteers and city officials will be rolling up their sleeves this summer as Habitat for Humanity launches its first-ever build project in Caledon.

The ribbon cutting was held Thursday morning with dignitaries, volunteers, supporters, sponsors and Habitat GTA employees in attendance. The project, which will be located at the corner of Kennedy Road and Learmont Avenue, will provide affordable low-income housing for 10 families by summer 2018.

Mayor Allan Thompson, who was present at the ceremony, said that the project validates the need for affordable housing in the area. "I look forward to when we turn the key and this construction site becomes a home for a deserving and hard-working

family," he said.

Thompson welcomed the partner families who will eventually become homeowners, and thanked Habitat GTA vice-president of regional development Thomas Fischer and his team for overseeing the project.

The project will provide affordable housing to 10 working, low-income families. The families, who must pay the no-interest mortgage, qualify under HFH's criteria. They are expected to move in by the end of summer 2018.

"With an extreme shortage of affordable housing options across the GTA, it's important for us to start building in Caledon," said Fischer.

It was also a special day for Wafaa Talha of Brampton, a future Habitat home-

owner. Wafaa, her husband Muhammad and two of their three sons were on hand to take part in the ceremony. Wafaa, Muhammad and 15-year old son Rvaha have completed about 350 hours of the required 500 sweat-equity hours needed for the project, via their volunteer work at Habitat's ReStore location and another build site.

"There may be grey skies today, but you guys always make it bright," said Fischer. "As I think of Canada's 150 birthday, I think of the blessings we have such as a great community," he added.

One longstanding Habitat for Humanity tradition is a devotional at ribbon cuttings to "remember the spirit in which we gather," Fischer said.

Rev. Lloyd Paul of Mayfield United Church, who delivered the message, said Habitat for Humanity is a great opportunity for the Caledon community.

Partners such as the Region of Peel and the Town of Caledon, along with support from corporations, individuals and volunteers have been helping to make decent, affordable homes through Habitat a reality for local families.

"I have had the personal pleasure of notifying a few of the families that they will be moving in, and hearing what having a decent, affordable place to call home and raise their children means to them. It's truly inspiring," said Fischer.

Habitat GTA board member Dr. Sue VanDeVeld-Coke spoke at the



Wafaa Talha and Caledon Mayor Allan Thompson centre cut the ribbon at the Habitat for Humanity GTA Caledon site. They are surrounded by HFH staff, sponsors and supporters.

ceremony about the importance of proper housing. "Housing is health. If you don't have good housing, you don't have good health."

According to HFHGTA, one in five households in the GTA lives in "over-crowded, substandard or unaffordable housing."

This affiliate, which was created in 2014 with the merger of the Brampton-Caledon, York and Toronto affiliates, aims to build 100 homes per year.

HFH partner families do not need to provide a down payment and no-interest mortgages are capped at 30 per cent of a family's income. Families must volunteer and complete 500 sweat-equity hours.

For more information, visit www.habitatgta.ca.



The Talha family is excited about their new home. Rvaha, 15, Wafaa, Muhammad and Taha, 12 near their future home.



Photos by Erica Phillips

Watching movie stars under the stars: outdoor movies in Brampton and Mississauga

by Erica Phillips

Drive-ins are few and far between these days, but movie lovers can still experience family-friendly films under the stars in Mississauga and Brampton this summer.



Mississauga Celebration Square

Photo by Wil Yeung



Brampton Garden Square

Photo courtesy of the City of Brampton

Mississauga Celebration Square has been holding free movies nights for several summers on its two 16-ft. x 28-ft. screens. A new feature is the pre-show LIVE with Khaled I talk show at 7:30 p.m. on Thursday nights.

“With the installation of the screens in 2011 and a mandate to be a welcoming, vibrant and barrier-free community space, Movie Nights were a natural fit. Closed captioning is turned on for all movies,” said Karen Ferreira, manager of Mississauga Celebration Square.

Movies are chosen based on feedback the City receives through surveys and social media. There

is a great variety of family-friendly movies available, with anything from animated films, classics, to new releases and more.

“We also keep our eye on the theatres; we like to show what’s new and exciting on the big screens, mixed in with the occasional throwback, for variety. For instance, we have Matilda screening on July 6 and the new Beauty and the Beast film showing on Aug. 17,” Ferreira said.

Approximately 2,500 moviegoers attend each showing.

Tim Hortons sponsors the movie nights. Moviegoers can take their own snacks or visit the many vendors at Celebration

Square that offer a wide range of “sweet and savoury crepes, pizza from Pizza Pizza, hot dogs and fries and delicious, healthy all natural popsicles. For movie nights we often have sponsors come join us at Celebration Square, including the presenting sponsor, Tim Hortons offering samples of their new and exciting menu items,” Ferreira added.

For more information on Movie Nights, visit www.celebrationsquare.ca or follow the City of Mississauga’s social media channels.

Mississauga Celebration Square is located at 300 City Centre Dr.

Located at the northwest corner of Main and Queen streets, in the heart of downtown Brampton, Garden Square is home to a 14-ft. LED screen. Movies are held on Thursday and Saturday nights.

Fans can take their own munchies or grab a bite, or a drink at one of the many restaurants and cafés nearby. The Rose Theatre patio is open on Thursday, Friday and Saturday evenings during the summer months. Thursdays are Throwback Thursdays and Saturdays

feature a double bill. Muskoka chairs, benches and bistro sets are in the square, but moviegoers can take their own lawn chair and blankets.

“The goal of the movie nights is to build community in Brampton by offering a fun, free and family-friendly activity that is accessible to everyone. Movies are selected on their appeal to all ages as well as their on gross sales from the cinemas,” Lisa Cox, media coordinator with the City of Brampton.

Pre-show activities start at 7 p.m. and the movies start at dusk.

Other Brampton Venues

Outdoor movie nights in Brampton began in 2015 and are also available at Chinguacousy Park, Mount Pleasant Village Square, Century Gardens Recreation Centre, Chris Gibson Recreation Centre, and South Fletcher’s Sportsplex on temporary screens measuring approximately 30 by 26 feet. The Chinguacousy Park site has concessions. The venues hold from 300 to 1,000 people.

Movie screenings at all venues are free, and weather permitting: the venues are smoke free.

Thursday	July 6	Matilda
Thursday	July 13	No movie
Thursday	July 20	Rogue One: A Star Wars Story
Thursday	July 27	The BFG

Thursdays		
July 06	Cast Away	
July 13	The Best Exotic Marigold Hotel	
July 20	The Love Bug	
July 27	Men In Black	
Saturdays		
July 08	Secret Life of Pets	
July 15	Queen of Katwe	
July 22	(5:00pm) Lion - part of Vibrant Brampton Festival	
July 29	(5:00pm) Cars - part of Classic Car Celebration	
July 29	Finding Dory	

Other Brampton Venues		
Friday, July 7 @ 9:00 PM	Trolls	Chinguacousy Park
Friday, July 7 @ 9:00 PM	Secret Life of Pets	Mount Pleasant
Friday, July 14 @ 9:00 PM	Moana	Chinguacousy Park
Friday, July 14 @ 9:00 PM	Rogue One: A Star Wars Story	MP
Friday, July 21 @ 9:00 PM	Finding Dory	Chinguacousy Park
Friday, July 21 @ 9:00 PM	Sing	Mount Pleasant
Friday, July 28 @ 9:00 PM	Secret Life of Pets	Chinguacousy Pk
Friday, July 28 @ 9:00 PM	Moana	Mount Pleasant
Friday, July 28 @ 9:00 PM	Secret Life of Pets	Chinguacousy Pk
Friday, July 28 @ 9:00 PM	Moana	Mount Pleasant

Artist in motion

PDN Spot Light: Indian Vocalist and Architect *Vandana Vishwas*

by **Jonathon Resney**

When Indian vocalist Vandana Vishwas moved to Mississauga, what impressed her most about the city was its diversity. “It’s wonderful!” Vishwas gushed. “We never feel not at home here. Because everyone here is an immigrant, we share each other’s emotions, art, food, and culture.” It is this spirit of cultural sharing that infuses Vishwas’ latest

album, 2016’s *Parallels*. The album comprises five songs, each performed twice in different musical styles. “Mai Beqaid”, which opens *Parallels* as a flamenco tune, is reprised as a country song later in the album. *Parallels* combines everything from traditional African music to 1970s rock. The foundation of the album is Vishwas’ background in Hindustani music, the classical tradition of northern India. “It was initially a challenge,” she says.

“It was not very clear how I should proceed, which genres would go best with Indian music.” Growing up in Chhattisgarh, India, Vishwas started singing when she was four. By 16, she had completed her music degree in the Hindustani tradition and was singing her compositions on All India Radio. Simultaneously, Vishwas studied architecture. Her career as an architect took her to Dubai, where music took a back seat to her work, and later to the Greater Toronto Area. The multicultural music scene in the GTA reignited Vishwas’ artistic side. She released her first album, *Meera the Lover* in 2009. In 2012, Vishwas won a MARTY in Established Performing Arts. A year later, she released her second album, *Monologues*, followed in 2014 by a promotional track for the novel *Samarsiddha* by Sandeep Nayyar. Vishwas then left her architectural work to focus on music. In her spare time, Vishwas enjoys sampling the multicultural cuisine of Mississauga. While she enjoys Mexican, Italian, and Thai food, Vishwas has a special fondness for Ethiopian cuisine. On July 7 Vishwas will be performing at River Walk Commons in New Market for the Culture Bridge Festival. On July 8, Vishwas will be performing at the Barry Zukerman Amphitheatre in Toronto for the 4 Worlds Festival. Both festivals are free family events.



Vandana Vishwas Photo courtesy Mississauga Arts Council

PDN Crossword

Puzzle by Myles Mellor

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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					23						24		25	26
28	29	30	31				32	33	34					
35						36						37		
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42					43						44			
45			46	47						48				
49									50					
				51		52	53	54				55	56	57
59	60	61			62							63		
64					65							66		
67					68							69		

- Across
1. Sunbathes

5. Swindled

10. Bollard

14. Plant with healing properties

15. Upper crust

16. Hodgepodge

17. Sidelong glance

18. Per ____ (yearly)

19. Jet part

20. Festivities

23. Bar order

24. Pirate outburst

28. Gyrocompass inventor

32. First showing

35. Append

36. ____ bean

37. Nod, maybe

38. Letting your hair down in Mont Tremblant?

42. Detergent ingredient

43. Bad day for Caesar

44. Type of salad

45. Cirque du Soleil troupe, e.g.

48. Borgnine and DeLuise roles

49. Thingamajig

50. Babe

51. New Year’s Eve song

59. Breathing organ

62. Return
63. Fictional captain

64. S-shaped molding

65. Make merry

66. Saying nothing

67. “____ Afraid of Virginia Woolf?”

68. Be wild about

69. Mineralogical deposits
- Down
1. Perfumed powder

2. Toward one side of a ship

3. Christmas song

4. Thirsty

5. So very much

6. Long bones

7. Post-show bar order

8. Small decorative case

9. Garage band tape, perhaps

10. Japanese mini trees

11. Nobel Prize-winning U.N. workers’ grp.

12. Carol contraction

13. Little digit

21. Farm buildings

22. “China Beach” setting

25. Nods again, at auction

26. American in Honduras

27. Limits risk

28. War movie setting

29. Ancient writing materials

30. Marsh birds

31. Kind of deer
32. John, Paul and John Paul

33. Handwoven Scandinavian rugs

34. ____ muff

36. Faction

39. Outfit

40. Guitar sound

41. Still

46. iPhone pix

47. Former French coin

48. Touch gently

50. Fitter

52. Northern constellation

53. Went out, as a fire

54. Prefix meaning “on the left”

55. Foolish person

56. “____ Song” (Elton John song)

57. Mark down

58. Just makes, with “out”

59. Blue

60. Repugnance sound

61. Modern (Prefix)

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A Simple Breath

by **Elizabeth Banfalvi**

One of the things we take for granted is our breath.

Our breath is a constant flow and without realizing it, our breath mimics how we physically feel. When stressed, our breath is short and fast and when relaxed, it is long and slow.

Breathing through our mouth is quicker and more stressful, but doesn't draw enough air into our lungs. This causes us to take more inhalations because more breaths are needed to compensate and we tire easier from the extra effort.

Nostril breaths are slower and draw more air directly into the lungs and

need less repetition and effort.

How we breathe is also important. Mouth breathing draws the air into the mouth down the esophagus and into the stomach.

There is a small opening in the esophagus as the air goes down which allows some air into the windpipe/trachea and then into the lungs. The problem with a mouth breath is that you swallow air with all the dirt and contamination into the stomach and the lungs.

Nostril breathing goes through the nose and directly down the windpipe/trachea and straight into the lungs.

More volume of air enters the lungs through the nose and less effort

is needed for the intake of air. The nostril breath replenishes the air in the lungs better than the mouth breath.

Unfortunately, most people breathe through the mouth, which is the most unsanitary.

Retraining yourself to nostril breathe isn't difficult, and it takes us back to a more natural way like we all had as a child.

Because you can only sniff through your nostrils, the easiest way to teach yourself how to nostril breathe is to practice the "Sniffing Breath".

Start by taking 4 quick and sharp sniffs and then release the breath with one long exhalation. Repeat 4 times. At first, do this several times during

the day when possible and continue for a few weeks.

In time, you will readjust yourself to nostril breathing naturally. Some of the side effects of this will be that the muscles surrounding your rib cage will start to be tender.

Why? Because this breath uses all the lobes of your lungs, but especially the lower lobes. This forces the rib cage to expand with the forceful sniffs – this tenderness will show you that you are doing the breaths properly.

Another side effect is that accumulated dust and residue that have fallen over the years to these lower lobes are being disturbed and broken up.

The more you practice this breath, the more nostril breathing will become natural.

Exhalations are also

important. Exhalations should be longer than inhalations. Here either mouth or nostril exhalations are fine but different and beneficial in many ways.

Mouth exhalations are great for energizing especially using a series of short spurts of exhalations which draws in your belly button. Long nostril exhalations are great for relaxation and soothing a frazzled body. Lengthen your exhalations as much as you can.

Once you have the nostril breath perfected, the "Held Breath" is next. This helps you control the flow of your breath. Why – so you can learn to set the pace for your breathing. Breath control is so important in exercising, physical endurance, and enhancing control in focus and

movement.

For example, if you find yourself catching or holding your breath often, you might feel as if you lose your breath and need to gasp air quickly – this breath will definitely help. When you practice the held breath, you teach your breathing to start again naturally without realizing it.

The held breath is simple, inhale, hold the breath for a count of four, exhale and hold again for a count of four. Practice regularly and if you fear holding your breath, this usually resolves it.

A Simple Breath – with practice, it will be and you will be healthier because of it.

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